



Foreplay – Steps to a Whole Day Affair...

Foreplay is not something to be rushed. In fact, the longer the suspense, the tighter the tension, the hotter the passion!

You see, if you are trying to put foreplay back into your lives and then *rush through it*, then you are undermining its importance. Instead, *plan* for a night of passion you and your partner won't forget.

Start the day right. Start foreplay the minute your partner wakes up. For women, try leaving erotica (a Kama Sutra-type book always works!) by the bedside or 'accidentally' leave a pair of black (or red) thongs on the bed. Titillate his imagination!

For men, leave a dirty magazine under the pillow or on the bed. The 'accidentally leaving your underwear' thing doesn't work for men as successfully as for women though. Instead, wake up with, er... an erection and be sure your partner sees it or 'accidentally' comes into contact with it.

I guarantee your partner will wake up with thoughts of sex in the air! (There you go; foreplay has begun!)

Now continue this 'teasing'. For example, you can let your robe fall off after the shower or go out of the shower completely naked (say you forgot to bring a towel or clothes or something...). Don't be shy to make 'poses' *while naked!* Bend over, stretch, or even rub yourself lightly. Do this innocently but be sure your partner sees it!

Be unreachable but don't be mean. At this point, your partner's thoughts may already be about sex, don't give in! Play hard to get. However, don't be mean. Some people tease to the point where his/her partner is so hot already that if you don't give in, they get frustrated! Worse, they see it as rebuke. You don't want that! You should be able to tease 'to a point of return'.

The 'Excuse Me' Tip!

Here's a tip from one of my readers. Sometimes, when she wakes up in the morning, she teases her man by trying to get out of bed on HIS side. So she says "excuse me" and then she just HAS to get on top of him right? And while there, a little 'dry rubbing' goes on and soon enough, he gets hot. She then gives him a wet kiss, gets up and says "See you tonight honey..." cooly.





Maintain the sexual tension. Now that you've started foreplay, maintain the tension. Most people make the mistake of thinking that because their partners were 'hot' this morning, they will be in exactly the same state that night. Wrong!

So how do you keep your partner longing for you during the day? Try these tricks.

- Send an x-rated email or link to an x-rated site and say "Look at what [name of friend or colleague] sent me today!"
- Send an email or SMS saying "Honey, [name of porn film] is in at the store/video rent house today. Shall I get it?"
- Send a picture SMS of yourself with... barely anything on.

Set the stage appropriately. The stage can be a hotel room or simply at home. You MUST take the personality traits of your partner here.

If he/she is the romantic type, then spread rose petals on the floor and on the bed, chill the champagne, and light 100 scented candles! However, here's the real-life truth: many people are not like this. Some think this is 'over the top' or 'too corny'. So don't try to recreate a romantic movie scene here if it doesn't suit you or your partner.

If he/she is more the 'practical' type, then hold off on the scattered flower petals and simply go for a fresh bouquet of red roses and put them in a vase in the living room and another in the bedroom. Instead of champagne, go for your partner's favorite wine or hard-to-get, imported beer! Instead of 100 scented candles, go for few lighted ones placed strategically in your home. Be subtle but make the changes stand out nonetheless.

Practical Tips!

Please don't try and create a romantic setting if you have not taken care of a few basic things such as getting rid of the kids and doing some basic room cleaning. I tell you, it ruins the mood!



Seriously, if you have kids, it really pays to have them stay at grandma's for the night. I guarantee you'll be amazed at how uninhibited and abandoned your partner will be in bed!

Next time, I'll talk about the rest of your foreplay stage setting and aphrodisiac-type elements you can incorporate during your day - and night! – of foreplay. Till then!